

How to Teach Children to Manage Their Own Behavior

Written by Kelly Bartlett for Parenting From Scratch.

As with any “big picture concept” in parenting, the follow-up question is always **how?** *I love this idea, but how does it work? I agree with this, but how am I supposed to put it into practice? I’m on board with this philosophy; can you give some examples of how it works?* Last week, I wrote about the concept of teaching kids to manage their own behavior, rather than trying to manage it ourselves. Nice idea, right? Lofty aspirations. **But how?**

How do you work through a situation in which a child needs to behave in a way that is teaching them to manage their own behavior rather than a parent’s attempt to manage the child’s behavior in the moment? Try these steps for turning punitive moments into teachable ones.

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